



NURTURING SKILLS AND BUILDING CONFIDENCE IN THE WATER

For more than 150 years, the Y's goal has been to strengthen the whole person – spirit, mind and body. One of the most effective ways to accomplish this is to teach youth, teens and adults to swim. And, in the land of 10,000 lakes, it's one of the most important offerings on the list. Swim lessons provide you and your child with new-found confidence. They learn skills which could save a life, and will last for lifetime. We're committed to keeping class sizes small so swimmers get the expert, personal attention they need to succeed. Y instructors have a minimum of 40 hours of training including CPR, AED, First Aid and Oxygen Administration and are nationally certified to build your child's swim skills and comfort level in the water. Every 7 weeks over 5000 youth, teens and adults choose the YMCA of the Greater Twin Cities to learn this lifelong skill. And now you can count on Y expertise for a high-quality learning experience through The YMCA Swim Academy at Maplewood Community Center.

WE'RE HERE FOR EVERYONE

All ages – from infants to seniors – can be a part of Y Swim Academy. We offer expansive day, evening and weekend class schedules offered 7 days a week to fit your family's busy life.

PARENT/CHILD AQUATIC PROGRAM — AGES 6-36 mo

The Y Swim Academy's Parent/Child classes focus on specific swim skills for infants and toddlers in a safe and fun atmosphere. Along with parents, Y certified instructors build a foundation of aquatic abilities for each child. The three Parent/Child swim levels have integrated, progressive curriculum based on research in child development and aquatic programming to ensure consistency, safety and quality of instruction.

WATER ADJUSTMENT LESSONS — AGES 3-7

Classes for the new swimmer who may be apprehensive in the water, or who has never had swim lessons. We offer small class sizes to provide more one-on-one support and attention to the students' needs.

BEGINNER LESSONS — AGES 3-12

Preschool and Youth classes for swimmers comfortable in the water and ready to develop basic swim skills: 4 swimmers per class.

INTERMEDIATE AND ADVANCED LESSONS — AGES 5-12

Youth classes for students prepared to refine swim skills: 6 swimmers per class.

TEEN/ADULT LESSONS — AGES 13+

Teen/Adult swim instruction from basic water adjustment to stroke technique to endurance swimming.



LEVEL DESCRIPTIONS

PARENT / CHILD

SEA TURTLE Ages 6-36 mo.

In this water adjustment program, certified instructors guide parents in teaching their children fundamental safety and aquatic skills. Parents accompany children at all times during the class.

Prerequisites: Able to control head movement and at least 6 months old on first day of class

SEA LION Ages 6-36 mo.

In this advanced water adjustment program, a certified instructor will guide parents in teaching body position, blowing bubbles, floating and fundamental safety and aquatic skills. Parents accompany the child at all times during the class.

Prerequisites: Comfortable in the water and able to walk 3 steps independently on land

SEA HORSE Ages 6-36 mo.

This class teaches water safety, paddle strokes, kicking skills, blowing bubbles with face in the water, and floating. The class serves as a transition from the parent/child to the preschool swim program. Parents begin the session in the water with their children until they become more independent.

Prerequisites: Jump on cue on land

WATER ADJUSTMENT

SUNFISH Ages 3-7 [Similar to Red Cross Level 1]

This class is for new swimmers who may be apprehensive in the water, or who have never had swim lessons. Sunfish introduces swimmers to the pool and helps them develop safe water habits in a fun and encouraging environment. Students play games to practice putting their faces in the water and swimming with floatation. Sunfish enjoy personal attention with one instructor per four swimmers.

Prerequisites: None

BEGINNER

PIKE Ages 3-5 [Similar to Red Cross PreSchool Level 1]

GOLDFISH Ages 6-12 [Similar to Red Cross Level 1]

This class is for beginning swimmers who are comfortable in the water. Students learn basic paddle stroke, kicking skills, and floating with instructor support. Students are also introduced to pool rules and YMCA core values. Students enjoy personal attention with one instructor per four swimmers.

Prerequisites: Pass Sunfish or be able to perform each of the following skills:

- Put face in water
- Front and back float 10 seconds with assistance
- Swim 5 yards on front or back with floatation
- Listens and follows directions

EEL Ages 3-5 [Similar to Red Cross PreSchool Level 2]

POLLIWOG Ages 6-12 [Similar to Red Cross Level 2]

This class is for swimmers who are well-adjusted to the water and eager to become more independent! Students learn to float on their own and swim longer distances. They also learn more about pool and water safety. Students enjoy personal attention with one instructor per four swimmers.

Prerequisites: Pass Pike/Goldfish or be able to perform each of the following skills:

- Front and back float 10 seconds with floatation
- Swim 10 yards on front and back with floatation
- Swim 2 yards on front and back without floatation
- Jump into shallow water and recover to wall, with floatation or instructor support

RAY Ages 3-5 [Similar to: Red Cross PreSchool Level 3]

TROUT Ages 6-12 [Similar to Red Cross Level 3]

This class is for swimmers who are ready to begin developing strokes and swimming in deeper water. Instructors teach students alternating and symmetrical paddle, treading water, and rescue skills, as well as help swimmers develop good judgment around the water. Students enjoy personal attention with one instructor per four swimmers.

Prerequisites: Pass Eel/Polliwog or be able to perform each of the following skills:

- Front and back float 10 seconds without floatation
- Swim 25 yards on front and back with floatation
- Swim 5 yards on front and back without floatation
- 5 underwater bobs
- Jump into shallow water and recover to wall

MID LEVEL 3

STARFISH Ages 3-5 [Similar to Red Cross Level 3]

GUPPY Ages 6-12 [Similar to Red Cross Level 3]

These swimmers review previous skills and work to develop endurance in swimming, floating and treading water. This class also includes rescue skills, personal safety, discussion of YMCA values and an introduction to team water sports. Students enjoy personal attention with one instructor per four children.

Prerequisites: Pass Ray/Trout or be able to perform each of the following skills:

- Front and back alternating paddle 10 yards
- Front and back symmetrical paddle 10 yards
- Tread water 15 seconds
- Front and back glides
- Jump into deep water and recover to wall



LEVEL DESCRIPTIONS

INTERMEDIATE/ADVANCED

MINNOW Ages 5–12 [Similar to Red Cross Level 3/4]

Minnow swimmers work to refine crawl strokes, and develop lead-up skills in preparation for learning new strokes. Students also learn how to care for breathing emergencies and have opportunities to set goals and work towards achieving them. Minnows enjoy personal attention with one instructor per six children.

Prerequisites: Pass Starfish/Guppy or be able to perform each of the following skills:

- Front and back float 30 seconds
- Front and back alternating paddle 25 yards
- Front and back symmetrical paddle 25 yards
- Tread water 30 seconds
- 10 underwater bobs

FISH Ages 5–12 [Similar to Red Cross Level 4]

Fish swimmers gain endurance in their crawl strokes and treading water, and start to practice sidestroke, breaststroke and elementary backstroke. Students are also introduced to basic first aid for bleeding, cramps and cold weather emergencies. Fish enjoy personal attention with one instructor per six children.

Prerequisites: Pass Minnow or be able to perform each of the following skills:

- Front and back crawl 25 yards
- Whip kick 15 yards
- Front and back flutter kick 25 yards
- Scissors kick 25 yards
- Breaststroke arm pulls 15 yards
- Tread water 1 minute

FLYING FISH Ages 5–12 [Similar to Red Cross Level 5]

Swimmers in this advanced level focus on stroke enhancements including breathing, body position and arm and leg movements, as well as build endurance in all strokes. The butterfly stroke is also introduced at this level. Flying Fish Swimmers review first aid and safety, and discuss personal ground rules and risk taking. Flying Fish enjoy personal attention with one instructor per six children.

Prerequisites: Pass Fish or be able to perform each of the following skills:

- Front and back crawl 50 yards
- Breaststroke 25 yards
- Elementary backstroke 25 yards
- Sidestroke 25 yards
- Dolphin kick 25 yards
- Tread water 3 minutes

SHARK Ages 5–12 [Similar to Red Cross Level 6]

Shark swimmers focus on perfecting their strokes and further increasing their endurance. Swimmers are introduced to competitive swimming skills of flip turns and individual medleys, and learn about heart rates and developing good health habits. Sharks enjoy personal attention with one instructor per six children.

Prerequisites: Pass Flying Fish or be able to perform each of the following skills:

- Front and back crawl 100 yards
- Breaststroke 50 yards
- Elementary backstroke 50 yards
- Sidestroke 50 yards
- Butterfly 25 yards
- Tread water 6 minutes

CLASS SCHEDULES

1 CLASS PER WEEK

Monday Classes, 9:00 AM & 10:00 AM

Class Name	Ages	Time of Day
Adult-Basic Water Adjustment	16–99 years	7:00–7:40 PM
Eel	3–5 years	6:35–7:05 PM
Flying Fish	6–12 years	5:40–6:20 PM
Goldfish	6–12 years	7:15–7:55 PM
Guppy	6–12 years	5:15–5:55 PM
Pike	3–5 years	6:00–6:30 PM
Pike	3–5 years	6:25–6:55 PM
Polliwog	6–12 years	7:10–7:50 PM
Ray/Star	3–5 years	6:00–6:30 PM
Sunfish	3–5 years	6:35–7:05 PM
SYU @ cb	6–12 years	5:05–5:35 PM
Trout	6–12 years	5:15–5:55 PM

Tuesday Classes, 9:00 AM & 10:00 AM

Class Name	Ages	Time of Day
Eel	3–5 years	6:15–6:45 PM
Fish	6–12 years	6:30–7:10 PM
Flying Fish	6–12 years	5:45–6:25 PM
Goldfish	6–12 years	6:20–7:00 PM
Guppy	6–12 years	5:00–5:40 PM
Minnow	6–12 years	7:15–7:55 PM
Pike	3–5 years	5:10–5:40 PM
Polliwog	6–12 years	6:50–7:30 PM
Seahorse	18–36 months	5:05–5:35 PM
Sunfish	3–5 years	5:40–6:10 PM
Fun @ CB	6–12 years	7:05–7:45 PM
Trout	6–12 years	7:05–7:45 PM

Wednesday Classes, 9:00 AM & 10:00 AM

Class Name	Ages	Time of Day
Eel	3–5 years	6:15–6:45 PM
Fish	6–12 years	6:30–7:10 PM
Goldfish	6–12 years	7:15–7:55 PM
Swim Crew	6–12 years	7:05–7:45 PM
Pike	3–5 years	6:30–7:00 PM
Polliwog	6–12 years	5:00–5:40 PM
Guppy	6–12 years	6:50–7:30 PM
Ray/Star	3–5 years	5:05–5:35 PM
Sea Lion	12–30 months	5:10–5:40 PM
Shark	6–12 years	5:45–6:25 PM
Sunfish	3–5 years	5:40–6:10 PM
Trout	6–12 years	5:45–6:25 PM

CLASS SCHEDULES

1 CLASS PER WEEK

Thursday Classes, %P% ! &#&

Class Name	Ages	Time of Day
Eel	3-5 years	7:15-7:45 PM
Fish	6-12 years	6:25-7:05 PM
Goldfish	6-12 years	6:25-7:05 PM
Guppy	6-12 years	7:10-7:50 PM
Minnow	6-12 years	6:25-7:05 PM
Pike	3-5 years	7:05-7:35 PM
Pike	3-5 years	5:15-5:45 PM
Polliwog	6-12 years	5:40-6:20 PM
Ray/Star	3-5 years	5:05-5:35 PM
Sea Turtle	6-18 months	5:50-6:20 PM
Sunfish	3-5 years	5:45-6:15 PM
Trout	3-5 years	5:00-5:40 PM

Saturday Classes, %P% ! &#&+

Class Name	Ages	Time of Day
Adult-Basic Water Adjustment	16-99 years	9:00-9:40 AM
Eel	3-5 years	10:20-10:50 AM
Flying Fish/Shark	6-12 years	10:55-11:35 AM
Goldfish	6-12 years	10:55-11:35 AM
Guppy	6-12 years	9:35-10:15 AM
Minnow	6-12 years	9:00-9:40 AM
Pike	3-5 years	11:05-11:35 AM
Pike	3-5 years	9:00-9:30 AM
Polliwog	6-12 years	9:45-10:25 AM
Ray/Star	3-5 years	10:30-11:00 AM
Sea Lion	12-30 months	9:45-10:15 AM
Sea Turtle	6-18 months	10:55-11:25 AM
Seahorse	18-36 months	10:20-10:50 AM
Sunfish	3-5 years	10:20-10:50 AM
Sunfish	3-5 years	9:00-9:30 AM
Trout	6-12 years	9:35-10:15 AM

Sunday Classes, %P% ! &#& ,

Class Name	Ages	Time of Day
Eel	3-5 years	5:50-6:20 PM
Fish	6-12 years	3:45-4:25 PM
Flying Fish	6-12 years	4:55-5:35 PM
Goldfish	6-12 years	3:45-4:25 PM
Goldfish	6-12 years	5:40-6:20 PM
Guppy	6-12 years	5:05-5:45 PM
Minnow	6-12 years	4:30-5:10 PM
Pike	3-5 years	5:05-5:35 PM
Pike	3-5 years	3:45-4:15 PM
Polliwog	6-12 years	4:20-5:00 PM
Ray/Star	3-5 years	4:30-5:00 PM
Sea Lion	12-30 months	4:20-4:50 PM
Seahorse	18-36 months	5:15-5:45 PM
Sunfish	3-5 years	3:45-4:15 PM
Sunfish	3-5 years	5:50-6:20 PM
Trout	6-12 years	5:40-6:20 PM

Session Fees:

MCC Member	\$64
Non Member	\$79

